

Tips for a Healthy Lifestyle

Keeping a healthy weight helps you live a healthy lifestyle. This is because it reduces your risk for heart disease, stroke, high cholesterol, and diabetes.

Use these tips to make long-term healthy weight choices.

1

Shop Smart

Read food labels to choose foods lower in calories.

Cut down on cakes, pastries, candy, and soft drinks.

Choose vegetables, fruits, and whole grains.

2

Plan How You Cook

Bake, broil, boil, or grill foods instead of frying them.

Cook with vegetables and lean meat.

Use vegetable oil spray instead of greasing the pan with oil or shortening.

Changing how I cook helped me lose my first 10 pounds and start to control my diabetes.



3

Modify How You Eat

Eat fewer meats that are high in saturated fat like fried foods, canned meats, and sausage.



Serve small portions and eat a green leafy salad if you are still hungry.

Don't skip meals.

Have green beans and brown rice with one piece of chicken instead of three pieces of chicken alone.

4

Be Active

Walk briskly for at least 10 minutes at a time for a total of 2 hours and 30 minutes each week.

OR

Do activities with a lot of running for at least 10 minutes at a time for a total of 1 hour and 15 minutes each week.

AND

Lift weights at least 2 days each week.



National Heart, Lung,
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